



VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-12-31
Miejsce: Koszalin
Dystans: 5.3 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.7km	Start_All 3.4km	Start_All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	WIERZEJSKI Sławomir	348	KLUB BIEGACZA 'GOCH' BYTÓW	M40-49	1	00:00:15	00:06:19	00:12:35	00:18:47	00:19:21.50	00:19:37.30		3:39	16.4 (100%)
2	GARSKI Kryspin	86	ŚWIAT PŁYTEK U KRYSPINA	M40-49	2	00:00:16	00:06:19	00:12:36	00:19:00	00:19:41.40	00:19:57.40	+00:00:19 (1.7%)	3:42	16.2 (98.8%)
3	RUDNIKOWSKI Maciej	279	BIEGUZDROWISKOWY.PL	M40-49	3	00:00:16	00:06:12	00:12:44	00:19:15	00:19:50.60	00:20:06.90	+00:00:29 (2.4%)	3:44	16 (97.6%)
4	PEC Marek	251		M40-49	4	00:00:15	00:06:19	00:12:58	00:19:36	00:20:15.60	00:20:31.40	+00:00:54 (4.5%)	3:49	15.7 (95.7%)
5	WÓJCIK Damian	418	RUNNERSWALDE DARŁOWO	M40-49	5	00:00:19	00:06:41	00:13:29	00:20:13	00:20:52.85	00:21:12.15	+00:01:31 (7.3%)	3:56	15.2 (92.7%)
6	RUDZIŃSKI Adam	261		M40-49	6	00:00:16	00:06:33	00:13:31	00:20:33	00:21:15.05	00:21:31.90	+00:01:53 (8.9%)	4:00	15 (91.5%)
7	BIEDRZYCKI Krzysztof	32	CW FANZA	M40-49	7	00:00:17	00:06:50	00:14:02	00:21:02	00:21:44.50	00:22:01.55	+00:02:23 (11.0%)	4:06	14.6 (89.0%)
8	STĘŻAŁA Artur	300	JW1223	M40-49	8	00:00:17	00:06:49	00:14:02	00:21:14	00:21:55.55	00:22:13.35	+00:02:34 (11.7%)	4:08	14.5 (88.4%)
9	UZNAŃSKI Ryszard	330	KOŁOBRZEG BIEGA	M40-49	9	00:00:16	00:06:47	00:13:53	00:21:18	00:22:02.00	00:22:18.10	+00:02:40 (12.1%)	4:09	14.4 (87.8%)
10	ZBOIŃSKI Wojciech	422		M40-49	10	00:00:19	00:07:11	00:14:28	00:21:30	00:22:07.35	00:22:26.60	+00:02:45 (12.5%)	4:10	14.4 (87.8%)
11	WUJTIUK Piotr	417		M40-49	11	00:00:18	00:06:56	00:14:09	00:21:28	00:22:11.90	00:22:30.55	+00:02:50 (12.8%)	4:11	14.3 (87.2%)
12	WALTER Przemysław	336	10 BIAŁOGARD	M40-49	12	00:00:18	00:07:03	00:14:14	00:21:30	00:22:13.25	00:22:31.80	+00:02:51 (12.9%)	4:11	14.3 (87.2%)
13	CHOŁUJ Jarek	50	ROZBIEGANY KOSZALIN	M40-49	13	00:00:29	00:07:16	00:14:29	00:21:39	00:22:22.75	00:22:52.30	+00:03:01 (13.5%)	4:13	14.2 (86.6%)
14	WINKEL Łukasz	403		M40-49	14	00:00:18	00:07:17	00:14:34	00:21:54	00:22:37.95	00:22:56.85	+00:03:16 (14.5%)	4:16	14.1 (86.0%)

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15	SZAŁKOWSKI Wojtek	305	TUPOT USTKA	M40-49	15	00:00:34	00:07:34	00:14:56	00:22:12	00:22:55.50	00:23:30.40	+00:03:34 (15.6%)	4:19	13.9 (84.8%)
16	PEKAŁA Piotr	256	ROZBIEGA KOSZALIN	M40-49	16	00:00:23	00:07:14	00:14:45	00:22:12	00:22:58.65	00:23:22.40	+00:03:37 (15.8%)	4:20	13.8 (84.1%)
17	MICHALSKI Jakub	218	TRIATHLON KOSZALIN	M40-49	17	00:00:21	00:07:35	00:15:03	00:22:24	00:23:04.20	00:23:26.00	+00:03:42 (16.1%)	4:21	13.8 (84.1%)
18	KRAKOWIAK Sławomir	172	COSSG KOSZALIN	M40-49	18	00:00:24	00:07:37	00:15:12	00:22:33	00:23:16.45	00:23:40.60	+00:03:54 (16.8%)	4:23	13.7 (83.5%)
19	MOSIOŁEK Piotr	221		M40-49	19	00:00:22	00:07:34	00:15:03	00:22:36	00:23:23.90	00:23:46.10	+00:04:02 (17.3%)	4:24	13.6 (82.9%)
20	CHROSTEK Adam	52		M40-49	20	00:00:24	00:07:32	00:15:11	00:22:44	00:23:24.00	00:23:48.55	+00:04:02 (17.3%)	4:24	13.6 (82.9%)
21	PERCZYŃSKI Jarek	255		M40-49	21	00:00:17	00:06:56	00:14:58	00:22:50	00:23:31.05	00:23:48.25	+00:04:09 (17.7%)	4:26	13.5 (82.3%)
22	IWANIEC Dariusz	116	TKKF KOSZALIN	M40-49	22	00:00:18	00:07:15	00:15:02	00:22:51	00:23:34.70	00:23:53.60	+00:04:13 (17.9%)	4:26	13.5 (82.3%)
23	HOC Dariusz	110		M40-49	23	00:00:24	00:07:38	00:15:28	00:22:54	00:23:38.65	00:24:03.00	+00:04:17 (18.1%)	4:27	13.4 (81.7%)
24	ROGOŻA Ireneusz	276	BIEGNIJMY.PL	M40-49	24	00:00:19	00:07:26	00:15:10	00:23:03	00:23:51.95	00:24:11.55	+00:04:30 (18.9%)	4:30	13.3 (81.1%)
25	MICERSKI Tomasz	216	TKKF KOSZALIN	M40-49	25	00:00:34	00:07:44	00:15:33	00:23:09	00:23:54.15	00:24:28.50	+00:04:32 (19.0%)	4:30	13.3 (81.1%)
26	SIENICKI Piotr	286	OPIUM	M40-49	26	00:00:23	00:07:31	00:15:21	00:23:15	00:23:57.15	00:24:20.40	+00:04:35 (19.2%)	4:31	13.3 (81.1%)
27	JARZYNA Roman	126		M40-49	27	00:00:17	00:07:27	00:15:18	00:23:19	00:24:06.05	00:24:23.40	+00:04:44 (19.7%)	4:32	13.2 (80.5%)
28	KILAR Tomasz	148		M40-49	28	00:00:25	00:07:32	00:15:25	00:23:22	00:24:08.30	00:24:33.45	+00:04:46 (19.8%)	4:33	13.2 (80.5%)
29	CYBULSKI Robert	57	MTS HAMER MIASTKO	M40-49	29	00:00:26	00:07:51	00:15:41	00:23:33	00:24:17.20	00:24:44.00	+00:04:55 (20.3%)	4:35	13.1 (79.9%)
30	KRASIŃSKI Witold	174		M40-49	30	00:00:23	00:07:45	00:15:43	00:23:39	00:24:22.45	00:24:46.20	+00:05:00 (20.6%)	4:36	13 (79.3%)
31	DOMASZK Zbigniew	70		M40-49	31	00:00:16	00:07:42	00:15:45	00:23:40	00:24:23.60	00:24:39.90	+00:05:02 (20.6%)	4:36	13 (79.3%)
32	SZYMAŃSKI Piotr	315		M40-49	32	00:00:36	00:07:49	00:15:50	00:23:37	00:24:25.95	00:25:02.25	+00:05:04 (20.8%)	4:36	13 (79.3%)
33	KOWALCZYK Mariusz	167	WZAJEMNEJ ADORACJI:-)	M40-49	33	00:00:21	00:07:35	00:15:27	00:23:40	00:24:28.65	00:24:50.60	+00:05:07 (20.9%)	4:37	13 (79.3%)
34	MATYSIUK Grzegorz	210	7BOW	M40-49	34	00:00:19	00:07:50	00:15:49		00:24:34.85	00:24:54.70	+00:05:13 (21.2%)	4:38	12.9 (78.7%)
35	PUŚCIAN Krzysztof	263	GIMNAZJUM W MANOWIE	M40-49	35	00:00:25	00:07:47	00:15:51	00:23:59	00:24:45.15	00:25:10.45	+00:05:23 (21.8%)	4:40	12.8 (78.0%)
36	WIATRZYK Krzysztof	344	DARŁOWO	M40-49	36	00:00:22	00:07:50	00:15:42	00:23:57	00:24:45.35	00:25:07.40	+00:05:23 (21.8%)	4:40	12.8 (78.0%)
37	KAŻMIERCZAK Robert	145		M40-49	37	00:00:22	00:07:51	00:16:22	00:24:26	00:25:11.80	00:25:33.80	+00:05:50 (23.2%)	4:45	12.6 (76.8%)

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38	KLOSKOWSKI Dariusz	152	NIGHT RUNNERS SŁUPSK	M40-49	38	00:00:19	00:07:50	00:16:11	00:24:25	00:25:12.55	00:25:32.50	+00:05:51 (23.2%)	4:45	12.6 (76.8%)
39	FIGURA Arkadiusz	79	KONIKOWO	M40-49	39	00:00:18	00:08:00	00:16:35	00:24:37	00:25:21.60	00:25:39.65	+00:06:00 (23.7%)	4:46	12.5 (76.2%)
40	TURCZYN Grzegorz	326	NIGHT RUNNERS SŁUPSK	M40-49	40	00:00:24	00:07:41	00:16:06	00:24:34	00:25:28.15	00:25:52.20	+00:06:06 (24.0%)	4:48	12.5 (76.2%)
41	PIECHOTA Robert	257		M40-49	41	00:00:18	00:07:34	00:16:16	00:24:54	00:25:30.45	00:25:49.05	+00:06:08 (24.1%)	4:48	12.5 (76.2%)
42	DĄBROWSKI Grzegorz	69		M40-49	42	00:00:30	00:08:07	00:16:28	00:24:48	00:25:30.85	00:26:01.10	+00:06:09 (24.1%)	4:48	12.5 (76.2%)
43	DZIESZUK Dariusz	75	TKKF KOSZALIN	M40-49	43	00:00:24	00:08:19	00:16:38	00:24:54	00:25:38.10	00:26:02.15	+00:06:16 (24.5%)	4:50	12.4 (75.6%)
44	REMLAKOWSKI Krzysztof	270	WE RUN	M40-49	44	00:00:35	00:08:30	00:16:52	00:25:05	00:25:56.15	00:26:32.00	+00:06:34 (25.4%)	4:53	12.3 (75.0%)
45	GROCHOWSKI Rafał	101		M40-49	45	00:00:26	00:08:09	00:16:40	00:25:15	00:26:02.65	00:26:29.05	+00:06:41 (25.7%)	4:54	12.2 (74.4%)
46	PRZYMORSKI Waldemar	259	W.P.K. SŁOŃ TEAM USTKA	M40-49	46	00:00:36	00:08:28	00:16:55	00:25:19	00:26:10.10	00:26:47.00	+00:06:48 (26.0%)	4:56	12.1 (73.8%)
47	DUDZIAK Piotr	72	KOSZALIN	M40-49	47	00:00:24	00:07:52	00:16:20	00:25:18	00:26:13.70	00:26:37.90	+00:06:52 (26.2%)	4:56	12.1 (73.8%)
48	GRZYGOWSKI Piotr	103	KB RUN 42	M40-49	48	00:00:26	00:08:23	00:17:02	00:25:41	00:26:38.30	00:27:05.10	+00:07:16 (27.3%)	5:01	11.9 (72.6%)
49	JASIŃSKI Cezary	128	UBUDUBU	M40-49	49	00:00:18	00:08:14	00:16:59	00:25:48	00:26:38.90	00:26:56.90	+00:07:17 (27.4%)	5:01	11.9 (72.6%)
50	MĘDEL Cezary	214		M40-49	50	00:00:29	00:08:34	00:17:17	00:25:54	00:26:42.20	00:27:11.35	+00:07:20 (27.5%)	5:02	11.9 (72.6%)
51	JASZENIECKI Piotr	127		M40-49	51	00:00:23	00:08:37	00:17:18	00:26:06	00:26:55.20	00:27:18.95	+00:07:33 (28.1%)	5:04	11.8 (72.0%)
52	JANKOWSKI Grzegorz	123	ŚWIAT PŁYTEK U KRYPINA	M40-49	52	00:00:23	00:08:09	00:17:03	00:26:06	00:26:57.45	00:27:21.10	+00:07:35 (28.2%)	5:05	11.8 (72.0%)
53	MAJCHRZAK Paweł	201	SUNDAYBIKERS KARLINO TEAM	M40-49	53	00:00:23	00:08:34	00:17:21	00:26:07	00:26:59.80	00:27:23.35	+00:07:38 (28.3%)	5:05	11.8 (72.0%)
54	GREBIENIK Andrzej	100		M40-49	54	00:00:32	00:08:50	00:17:29	00:26:22	00:27:16.95	00:27:49.45	+00:07:55 (29.0%)	5:08	11.7 (71.3%)
55	WOJCIECHOWSKI Andrzej	410		M40-49	55	00:00:24	00:08:48	00:17:48	00:26:44	00:27:32.60	00:27:57.40	+00:08:11 (29.7%)	5:11	11.5 (70.1%)
56	KĘPKA Mirosław	147	K.B.SPRINT ŚWIDWIN	M40-49	56	00:00:29	00:08:54	00:17:50	00:26:41	00:27:33.45	00:28:03.40	+00:08:11 (29.8%)	5:12	11.5 (70.1%)
57	KOŁAKOWSKI Dariusz	154	K.B.SPRINT ŚWIDWIN	M40-49	57	00:00:29	00:08:54	00:17:50	00:26:42	00:27:33.70	00:28:03.60	+00:08:12 (29.8%)	5:12	11.5 (70.1%)
58	OSOWSKI Andrzej	242	OSATEAM	M40-49	58	00:00:23	00:08:07	00:17:28	00:26:56	00:27:49.40	00:28:12.90	+00:08:27 (30.4%)	5:14	11.4 (69.5%)
59	FAJGIER Tomasz	77		M40-49	59	00:00:20	00:08:23	00:17:39	00:26:55	00:27:49.45	00:28:10.25	+00:08:27 (30.4%)	5:15	11.4 (69.5%)
60	DANOWSKI Maciej	65	FITNESS CLUB FORMA	M40-49	60	00:00:25	00:08:57	00:18:20	00:27:14	00:27:58.85	00:28:24.30	+00:08:37 (30.8%)	5:16	11.4 (69.5%)

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61	JAKÓBCZAK Dariusz	118		M40-49	61	00:00:26	00:08:49	00:18:02	00:27:02	00:28:00.30	00:28:27.10	+00:08:38 (30.9%)	5:17	11.4 (69.5%)
62	HNATOWSKI Artur	109	DM FC KOSZALIN	M40-49	62	00:00:37	00:09:08	00:18:48	00:28:15	00:29:03.85	00:29:41.35	+00:09:42 (33.4%)	5:29	10.9 (66.5%)
63	ŻYWOT Norbert	432	PARKRUN KOŁOBRZEG	M40-49	63	00:00:27	00:09:25	00:19:03	00:28:19	00:29:10.05	00:29:37.65	+00:09:48 (33.6%)	5:30	10.9 (66.5%)
64	KOLASA Tomasz	153	KĄPIELE NA SPONTANIE	M40-49	64	00:00:27	00:09:25	00:19:03	00:28:18	00:29:12.35	00:29:39.95	+00:09:50 (33.7%)	5:30	10.9 (66.5%)
65	ŚRODA Wojciech	319		M40-49	65	00:00:34	00:09:36	00:19:07	00:28:24	00:29:17.35	00:29:51.50	+00:09:55 (33.9%)	5:31	10.9 (66.5%)
66	FRASZKIEWICZ Jarosław	81		M40-49	66	00:00:37	00:09:34	00:19:13	00:28:38	00:29:28.85	00:30:06.40	+00:10:07 (34.3%)	5:33	10.8 (65.9%)
67	TRZEŚNIEWSKI Zbigniew	324		M40-49	67	00:00:37	00:09:35	00:19:13	00:28:38	00:29:34.65	00:30:12.30	+00:10:13 (34.6%)	5:34	10.7 (65.2%)
68	IMIOŁEK Jacek	115		M40-49	68	00:00:37	00:09:30	00:19:08	00:28:53	00:29:43.85	00:30:21.40	+00:10:22 (34.9%)	5:36	10.7 (65.2%)
69	BRESZKA Paweł	43	BIEGNIJMY TO DARŁOWO	M40-49	69	00:00:32	00:09:31	00:19:17	00:29:07	00:30:08.95	00:30:41.90	+00:10:47 (35.8%)	5:41	10.5 (64.0%)
70	ŻURAŃSKI Dariusz	428	WIKING KOSZALIN	M40-49	70	00:00:42	00:10:58	00:22:07	00:34:02	00:35:12.75	00:35:54.95	+00:15:51 (45.0%)	6:38	9 (54.9%)

Znaleziono 70 wynik(ów)